

# Horses and Trails Helping Heroes

## Pre-Conference Workshop

Wednesday, April 22, 2015

Time: 12:30 – 4:30 p.m.

Early Bird Fee: \$10/\$60 for horse ride

**Presenter: Jan Hancock, Hancock Resources LLC**  
**Equestrian Representative, American Trails**



### Description:

The workshop will feature how horseback riding on trails has proven to be nationally successful in assisting veterans and wounded service personnel with mobility impairments, including amputations, and post-traumatic stress disorder (PTSD) and many other physical, emotional and cognitive conditions. Utilizing horses and trails for the treatment of veterans can be implemented in communities across California and the nation. Attendees will go to Yosemite Trails Pack Station, a horseback riding facility and ranch one mile from the Tenaya Lodge in Fish Camp, California, where they will participate in an interactive presentation and demonstration of the program offered by the Professional Association of Therapeutic Horsemanship (PATH) International, a worldwide organization with more than 800 centers providing these outstanding equine-based healing programs. Following the workshop presentation, attendees may elect to make reservations to go out on a guided horseback trail ride with Yosemite Trails Pack Station owners Larry and Nishma Knapp.

### Learning Objectives:

Gain an understanding of how public and private land managers can install inexpensive mounting ramps at trailheads and campgrounds to provide trail riding opportunities for persons with disabilities, including veterans, and how to expand the accessibility features of their trails and trail systems. Participants will observe how the movement of the horse's gait at a walk is similar to a human's walking motion, which can successfully help veterans and persons with disabilities improve muscle tone, balance, posture, coordination, and potentially relearn how to walk.

Attendees will:

- Be able to communicate how horseback trail riding assists persons with disabilities
- Understand the size, construction features, and the installation of an equestrian mounting ramp
- Be able to identify the resources to assist in establishing veteran programs
- Participate in an interactive on-site verbal and written quiz to demonstrate their understanding



**Jan Hancock's Bio:** Jan Hancock, BS, MA, is one of the authors of the book *["Equestrian Design Guidebook for Trails, Trailheads, and Campgrounds,"](#)* published by the U.S. Department of Transportation, Federal Highway Administration and the USDA Forest Service in 2008, 2009 and 2010. She is an equestrian trails and facilities planning and design consultant in private practice in Phoenix, Arizona, and is the principal of Hancock Resources LLC, a company that provides planning and design services to landscape architecture and civil engineering companies, as well as land management agencies and private clients. Jan is a featured speaker at national and regional trails conferences and

she has completed numerous equestrian trail, trailhead, campground and arena master plans and facilities design projects throughout the nation over the past fifteen years. Jan was named as one of the Top 20 Arizona Leaders of the Year in Public Policy in 2013 by *Arizona Capitol Times*.

**Minimum Attendance:**

Minimum Attendance would be 15 persons; maximum attendance would be 50 persons.

**Itinerary:**

- 12:30 p.m. Attendees will participate in a verbal presentation and demonstration explaining how equine-assisted activities and therapies help veterans and how individuals with various disabilities needs gain independence through their involvement with horses.
- 1:15 p.m. Depart from Tenaya Lodge via vans or attendees' own vehicles (ride share) for the one mile drive to Yosemite Trails Pack Station, located at 7910 Jackson/Big Sandy Road, Fish Camp, CA 93623. Telephone: (559)683-7611. E-mail: [info@yosemitetrails.com](mailto:info@yosemitetrails.com)  
Website: <http://www.yosemitetrails.com/index.html>
- 1:30-2:30 On-horse demonstration begins. Participants will be standing up during the demonstration portion of the session – approximately 20 - 30 minutes. Attendees will have the opportunity to be with the horses and riders to ask questions and tour the ranch facilities to learn how persons with disabilities are accommodated at the ranch property; these observations solidify and confirm the Workshop learning process.
- 2:45 p.m. Attendees can return to the Tenaya Lodge or participate in a 1-hour trail horseback ride (limit - 8 riders) for an additional fee.
- 4:00 p.m. Attendees participating in horseback ride will return to Tenaya Lodge via van or their own vehicle.

**Transportation:**

Van pool will be available or attendees' own vehicles (ride share) – ranch stables are literally ½ mile past the Lodge entrance and one mile down Jackson Road. (The ranch stables are listed on the Tenaya Lodge website and horseback riding is offered as an optional guest activity.)

**Weather Dependent:**

Raining or Snowing – On-site outdoor Workshop at Yosemite Trails Pack Station either canceled or conducted in barn, sitting on bales of hay, depending on number of participants. (Alternative 2-hour Workshop and one shortened live horse demonstration would be conducted via PowerPoint with Jan Hancock as presenter and one other presenter from PATH International in a meeting room with access to an outdoor area at the Tenaya Lodge.)